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The Fish Massage

Ever heard of this? Neither had I, so I decided to do some research on it. Come to find out, people actually pay for this and it works.

Tiny little carp and sometimes a bit larger carp (garra rufa but typically known as doctor fish), chomp away at your dead skin on your feet and clean your feet the natural way. They were first used in Turkey then moved to the Asian countries and now have become popular in the U.S. The treatment can cost anywhere from \$35 to \$50 depending on how long you leave your feet in the water. After the soaking you get a standard pedicure, and the fish seem to help loosen the skin for the pedicurist.

The health department regulates the spas in which carry these Dr. fish and require that the shallow pool water be changed for every customer that sticks their feet in to be munched on.

It is said to help and relieve the symptoms of psoriasis and could eventually help with other skin conditions as well in the future after the Dr. Fish have been around and studied more.

The fish habitat in which these carp survive is warm waters and these temperatures leave no room for other plant life and therefore the fish had to find other means of gathering food so they had to depend on whatever was available. Be it dead skin.

Here are a few You Tube videos of people having this procedure done to them.

Posted by Shelly Hardage-Wilkerson in ~Random Thoughts~ at 12:42